„Overthinking at Night –

in 3 Tapping Rounds to More Calm and Restful Sleep“

An EFT Guide by Heike Richter.

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🌟 „Overthinking at Night – in 3 Tapping Rounds to More Calm and Restful Sleep“

- Your Personal EFT Tapping Guide -

Note
This tapping guide is a trauma-sensitive self-help exercise. You tap at your own responsibility.
EFT does not replace medical, psychotherapeutic, or (where applicable)
licensed alternative practitioner care and is not a substitute for diagnosis or therapy.
Do not change or discontinue medications/treatments.
For diagnosed trauma, severe distress, or serious physical or mental health problems,
please use EFT with professional support and seek help.

What is EFT?
Emotional Freedom Techniques (EFT), also called “tapping acupressure,” is a simple method where specific acupressure points are gently tapped. At the same time, stressful thoughts or feelings are spoken out loud. This can help release tension, reduce stress, and create more calm and relaxation.

The Tapping Points

1. Side of the hand
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin point
7. Collarbone point
8. Under the arm
9. Top of the head

👉 **Watch the tapping points video**
To make it easier to find the points, you can also watch the video.
Simply scan the QR code or click on the link.

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Instructions

Go through all the points in the given order for each round.
At each point, speak the corresponding phrase.
Keep breathing calmly. Repeat the rounds two or three times.

Tapping Round 1 – Acknowledging the Overthinking

- Side of the hand: “Even though my mind won’t stop racing, I accept myself just as I am.”
- Eyebrow: “I’m stuck in overthinking.”
- Side of the eye: “My head keeps spinning.”
- Under the eye: “The same thoughts again and again.”
- Under the nose: “It makes me restless and keeps me awake.”
- Chin: “I can’t find an off-switch.”
- Collarbone: “My body feels tense, even though I’m tired.”
- Under the arm: “All of these circling thoughts.”
- Top of the head: “I acknowledge that I’m caught in overthinking.”

Tapping Round 2 – Opening to Relief

- Side of the hand: “Even though I can’t switch off, it can get easier now.”
- Eyebrow: “Maybe the thoughts can quiet down.”
- Side of the eye: “I allow myself to let go of some of them.”
- Under the eye: “My head can begin to relax.”
- Under the nose: “Perhaps the thoughts don’t need to keep circling.”
- Chin: “I open myself to more calm.”
- Collarbone: “My body can breathe more deeply.”
- Under the arm: “I choose to feel lighter.”
- Top of the head: “I decide to give the thoughts less space.”

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Tapping Round 3 – New Calm and Relaxation

- Side of the hand: “Even if some thoughts remain, I can still find peace.”
- Eyebrow: “I give myself calmness.”
- Side of the eye: “I choose stillness in my mind.”
- Under the eye: “I find inner peace.”
- Under the nose: “With every breath, I become calmer.”
- Chin: “I open myself to lightness.”
- Collarbone: “I am safe, supported, and allowed to let go.”
- Under the arm: “I feel calmer and more relaxed.”
- Top of the head: “I choose peace and restful sleep now.”

💜 **Repeat the sequence as needed.**

Many people notice after 2–3 rounds that their stress level decreases and more calm enters.

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✨ Thank you for tapping with EFT!

If you want to dive deeper, here are more ways to get inspired and supported:

📖 **My Book:**
Krank und glücklich – Darf man das?: Handbuch für EFT-Klopfakupressur & meine ganz persönliche EFT-Erfolgsgeschichte
(My personal handbook on EFT and my own story of healing. Available in German only.)

🎥 **My YouTube Channel:**
👉 *EFT mit Heike* – with practical videos, guidance, and inspiration around EFT.
(Some videos include English subtitles.)

🌐 **My Homepage:**
https://eft-mit-heike.jimdosite.com (German only).

🎥 My Personal EFT Success Story

EFT has helped me in one of the hardest times of my life to regain joy and strength.

👉 My **Before-and-After video** on YouTube: “EFT mit Heike.”
There you can see how EFT changed my life – from exhaustion and sadness to energy, radiance, and joy.

You can also find interviews with me on the channels of **Sabine Rösner** and **Sabine König**, two experienced EFT coaches, as well as on local TV:
👉 **TV Interview** – Glück Auf TV – Kanal 9 Erzgebirge (German only).

“When emotions are in balance, life feels lighter and freer.

For many, that is pure happiness.” 💜

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Safety & Liability

This EFT tapping guide is a trauma-sensitive self-help exercise
and does not replace medical or psychotherapeutic diagnosis/treatment.
No guarantees of outcome.
Do not change or stop medications/treatments.
For diagnosed trauma, flashbacks, dissociation, or strong overwhelm,
please tap with professional support (psychotherapy / licensed alternative practitioner for psychotherapy).
Own responsibility:
By tapping along, you act at your own responsibility and risk.
Stop the exercise if it does not feel good and seek support.
In acute crises, call emergency number 112
or the medical on-call service 116117 (Germany).